Moravian College
Concepts of Fitness and Wellness, PE 107.2B
Mondays, 12:50-2:00 PM
Johnston Hall Classroom 8
Spring, 2005

Faculty: Eric Lambinus, Professor
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Course Objectives:
Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach is designed to provide the cognitive and behavioral skills students need to adopt a healthy lifestyle-based on personal needs- that will promote lifetime health, fitness, and wellness. Rather than tell the student what to do, the course will provide the student with information to become a good problem solver/decision maker and to make informed choices about his or her lifestyle.

Required Textbook:

Interactive CD-ROM: HealthQuest 4.2

Course Requirements:
1. Class attendance and lab work is required: Students need to develop an alternate plan with the instructor in the event of illness prior to absences or immediately following class session missed
2. Preparation for each class is an expectation: Alternative or additional assignments may be required at the discretion of the instructor
3. Active participation is an expectation during class and laboratory sessions
4. Plagiarism is unacceptable: Group projects may be assigned where the group is responsible for all the activities and results

Method of Evaluation:
1. 40% class participation/attendance
2. 25% papers
3. 15% lab activities/assignments
4. 20% oral report

Schedule:
January 10th: Course overview, Healthy Lifestyle Questionnaire
January 24th: Section II – Introduction to Physical Activity
January 31st: Section III – Physical Activity Pyramid
February 7th: Section IV – Special Considerations
February 14th: Section V – Body Composition & Nutrition
February 21st: Special Topic – Fast Food Nutrition (Supersize Me)
February 28th: *Personal Fitness paper due
March 14th: Wellness Assessment, Guest lecturer
March 21st: Section VI – Stress Management
April 4th: Section VI – Decision Making
April 11th: Section VII – Avoiding Destructive Behaviors
April 18th: Section VII – Making Informed Choices
April 25th: Overall Review & *Personal Wellness paper due